

Friday, June 18 11:30 a.m. at NH-30 Gym, Naval Support Activity Norfolk Race day registration will be from 10 until 11 a.m.

Sponsored by





American-Amicable Life
"Faithful Protection"

The Navy does not endorse any product or service.

Eligibility

Active duty personnel, retirees, family members, reservists and DoD civilians.

Age Groups and Divisions

Men and Women: 29 & under, 30-37, 38-44, 45-49 and 50 & over

Awards

Awards will be given to the top three men and women in each age division.

T-Shirts

The first 500 participants to register by Friday, June 11, will be guaranteed a T-shirt. Runners must participate to receive a T-shirt.

Course

Course is a 3.1 mile loop beginning at NH-30 proceeding out of Gate 10, making a right onto Ingersol Road. The course will pass the Naval Brig, COTF and wind through Camp Allen Housing before passing through the Main Gate and finishing back at the gym.

Details

Phone: 836-1823 Fax: 836-1940 Entries must be returned to the NH-30 Gym at NSA or any of the Naval Station Norfolk Gyms by Friday, June 11.













CULTURAL DIVERSITY 5K Friday, June 18 at NH-30 Gym, NSA Norfolk

Name (Last, First, MI) Leave space between name	Age on race day
Phone Number (include area code)	Sex DIVER
Command	

I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and the effects of weather. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, recruiting or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

Signature:	Date: